ARMY CENTER OF EXCELLENCE, SUBSISTENCE

QUAD OVERVIEW

Topics Of Discussion - QUAD

- -- Food Safety & Environmental Issues
- -- Operational Rations
- -- Nutrition
- -- Diet Trends

Food Safety &

Environmental Issues

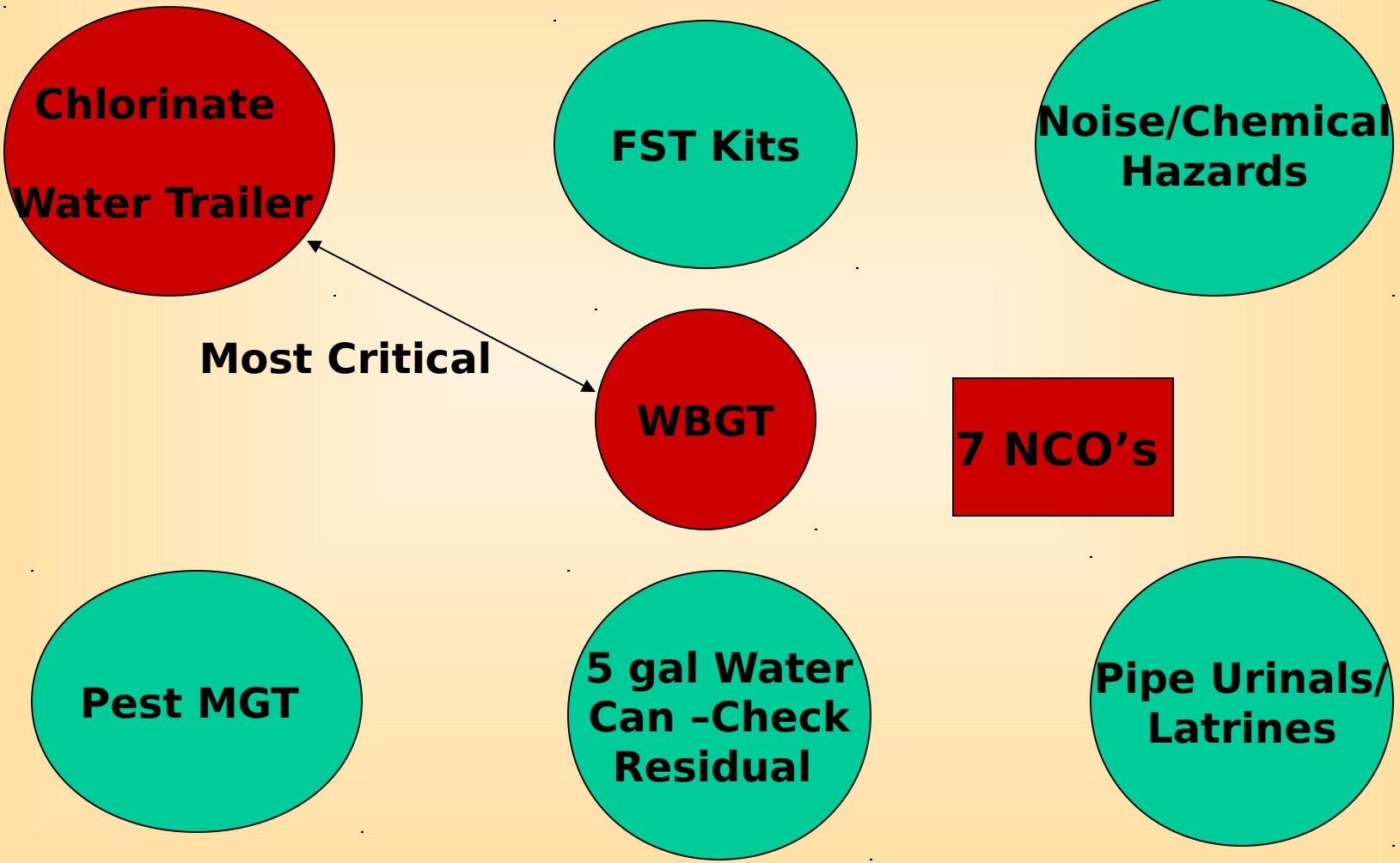
Field Sanitation Training

QMOBC Students

- 8 Hours of Training
  - Lecture Phase (2 hrs)
  - Hands on Phase (4 hrs)
  - Examination and Review (2 hrs)

54 Officers Trained

Essential Hands on Training



Food Safety Newsletter

Army Center of Excellence, Subsistence

Integrated Pest Management

Measures to prevent the access and harborage of pests within any foodservice establishment are vital in the implementation and maintenance of a pest management program. Most people are familiar with the term pest management. The term integrated pest management describes a more comprehensive program. An IPM program is a planned program that incorporates education, continuous monitoring, record-keeping and communication to prevent pest an disease vectors from causing unacceptable damage to operations, people, property, material; or the environment (DoD Instruction 4150.7)

The key components of an IPM are:

1. **Knowledge** – This is by the far the most important but yet overlooked . . . .

2. **Human Safety –** The application of chemicals by a worker is the most

Food Safety Newsletter

Army Center of Excellence, Subsistence

BSE aka “Mad Cow Disease”

www.geocities.com/nursinginquiry2002/darla/Darla1.html

Bovine Spongiform Encephalopathy (BSE), commonly referred to as “mad cow disease” is a progressive neurological disorder in cattle which is believed to result from the spreading of infectious/abnormal protein in the brain (known as a prion). It is similar to the disease that affects sheep and goats known as scrapie. The infectious protein causes normal protein in the brain to change their

confirmation. This

Basic “Bird Flu” (Avian Influenza) Information

www.oneworld.net/link/gotolink/addhit/51505

The avian influenza, commonly referred to“bird flu” occurs worldwide and was first identified more than 100 years ago in Italy. Wild ducks are the natural host to this disease and are therefore more resistant to the disease. Turkeys, chickens and other domestic birds are extremely susceptible to the disease. The spread of the avian flu increases via live bird

markets or direct contact with live

Army Center of Excellence, Subsistence (ACES)

Food Safety and Protection Certification Course

QUAD

1st Place

Operational Rations

ACES Test Kitchen

ACES Test Kitchen

ACES Test Kitchen

ACES Test Kitchen

Participant Survey Form

DINER ***TITLE/RANK /AGE /YEARS OF SERVICE Home of Record***	***DATE:***

***INSTRUCTIONS*: Please write a number, using the scale below, in the appropriate box. Please complete <u>each box for each item sampled</u>, and answer the questions in regards to the item at the end of this form. Provide any comments at the bottom / back of this form. Your input is important and valued! Thank you.**

DISLIKE EXTREMELY 1 | DISLIKE VERY MUCH 2 | DISLIKE MODERATELY 3 | DISLIKE SLIGHTLY 4 | NEITHER LIKE NOR DISLIKE 5 | LIKE SLIGHTLY 6 | LIKE MODERATELY 7 | LIKE VERY MUCH 8 | LIKE EXTREMELY 9

SAMPLE: <u>General Tso Chicken</u>	**APPEARANCE**	**ODOR**	**FLAVOR**	**TEXTURE**	**OVERALL QUALITY**
• **Meat**					
• **Vegetables**					
• **Starch**					
• **Sauce**					
• **Combined Entree**					

Participant Survey Form

Please answer the following question:

1 2 3 4

Detailed response: Don't Like It I don't prefer I routinely eat Yes, I Like It

---------- Foods ----------

Foods

1 2

When the dining facility is serving --------- food: I am okay with it I prefer another choice

For this meal I used: (Circle Response) Soy sauce Hot Sauce Both

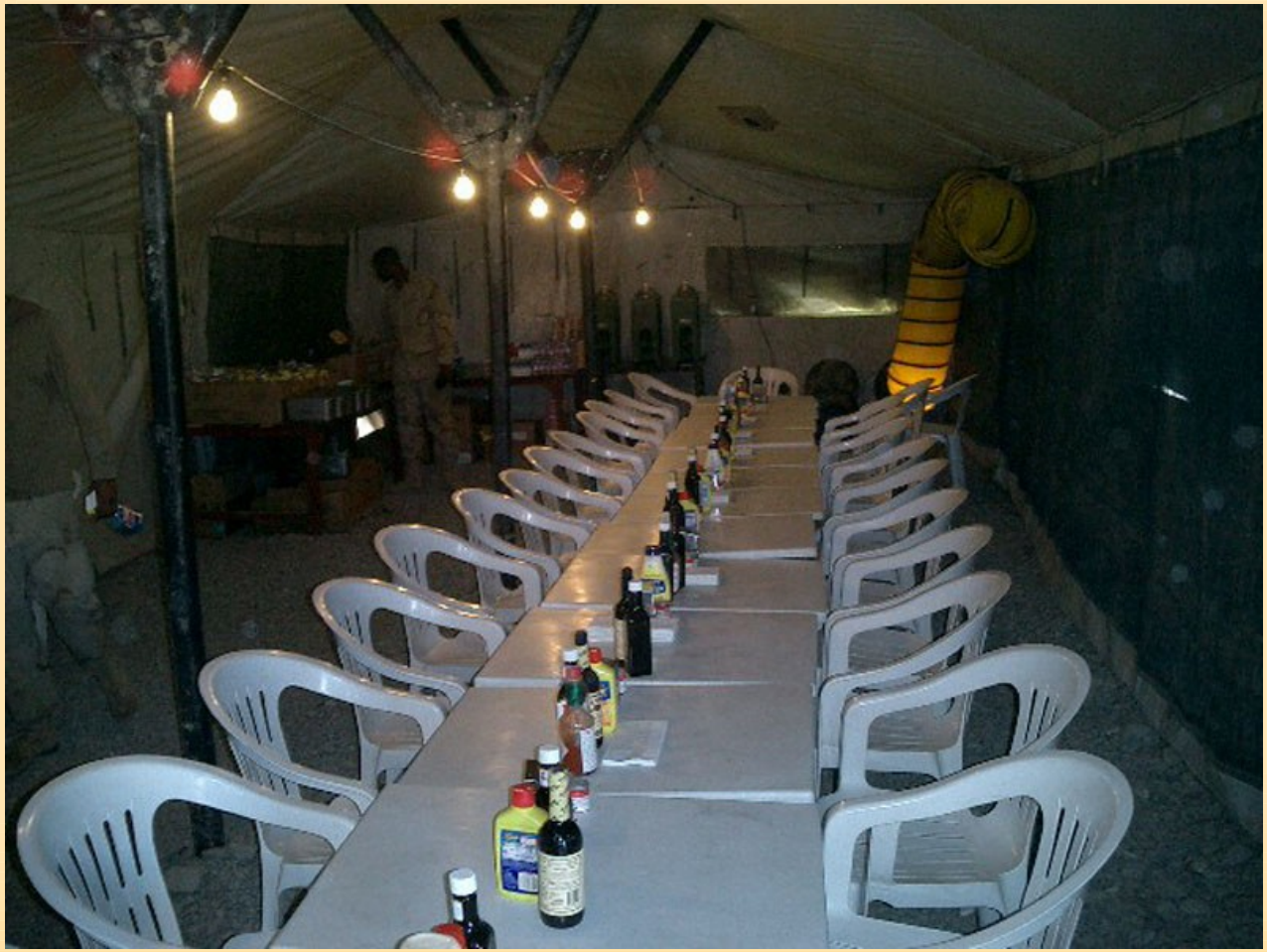
ADDITIONAL OBSERVATIONS/COMMENTS ON THE REAR

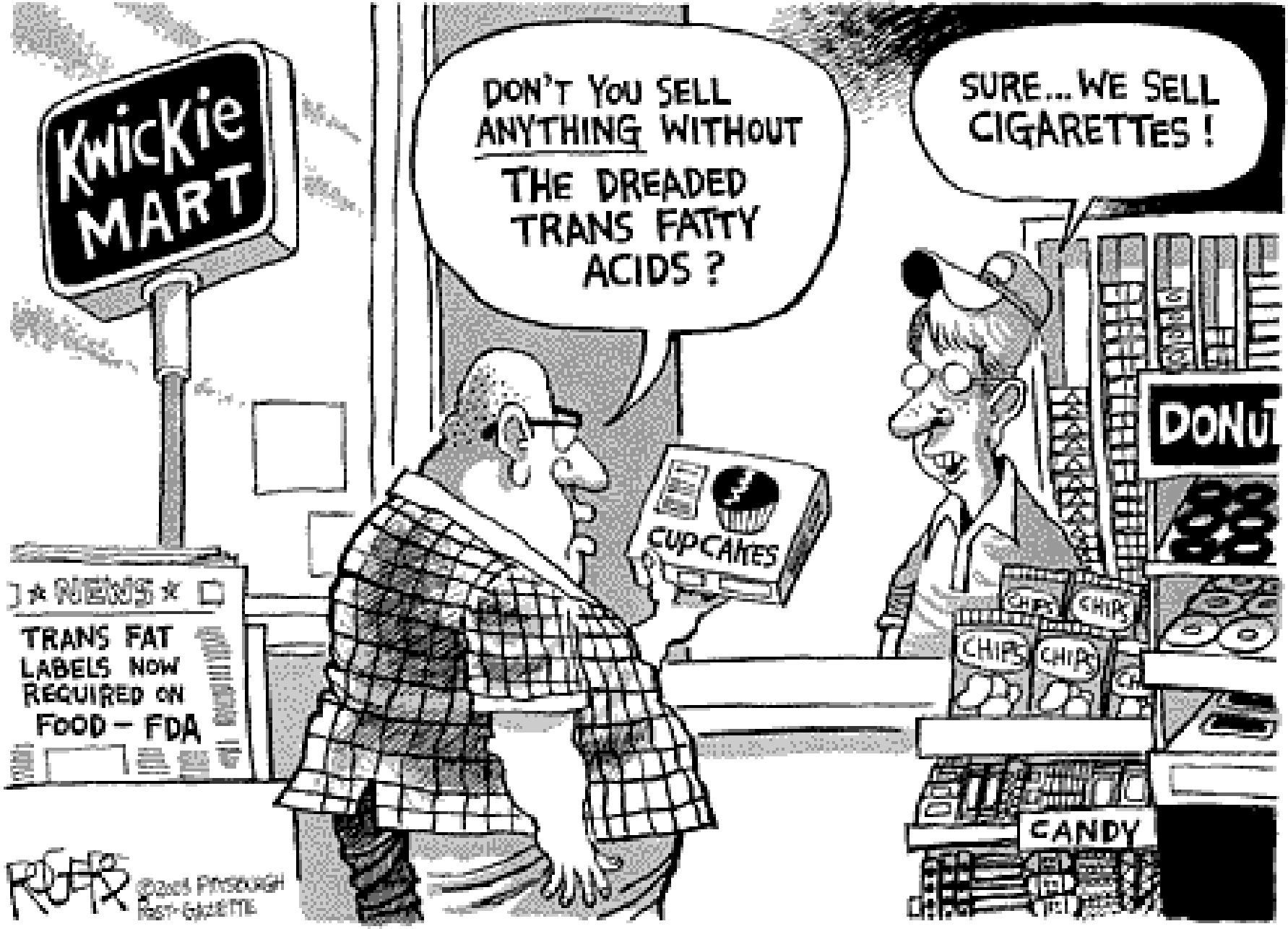
Food Items Tested at ACES

(Included in Rations & Field Tests)

- Turkey Cutlets
- Oven - Fried Chicken
- Rotisserie Chicken
- Catfish & Salmon Fillet
- Indiv. Fruit/Puddings
- Bagel w/ cream cheese
- Blueberry Muffins
- Orange Muffins
- Breakfast Cookies
- Soy Milk
- Flavored Coffee

Nutrition Issues




KwicKie MART
DON'T YOU SELL ANYTHING WITHOUT THE DREADED TRANS FATTY ACIDS ?
SURE... WE SELL CIGARETTES !
CUPCAKES
TRANS FAT LABELS NOW REQUIRED ON FOOD – FDA
DONUT
CHIPS
CHIPS
CHIPS
CHIPS
CANDY

‘fat boy’

SUPERSIZING THE AMERICAN TEENAGER

By Janet Reitman

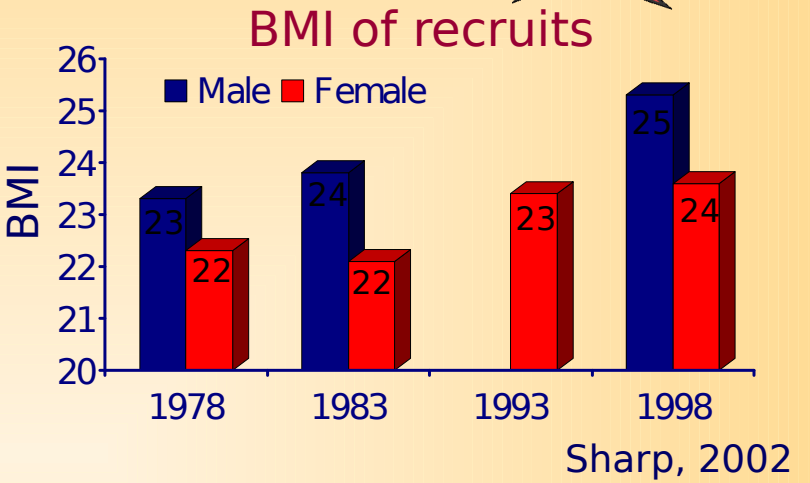
Rolling Stone

Issue 935 >> Nov. 13, 2003 >> $3.95

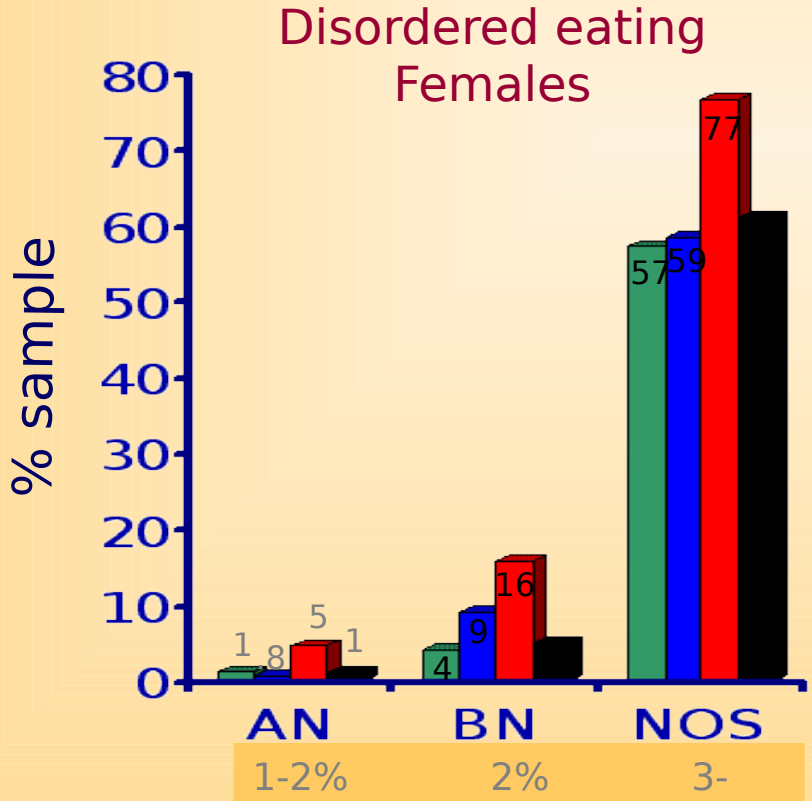
ROLLING STONE, NOVEMBER 13, 2003

Focus on weight

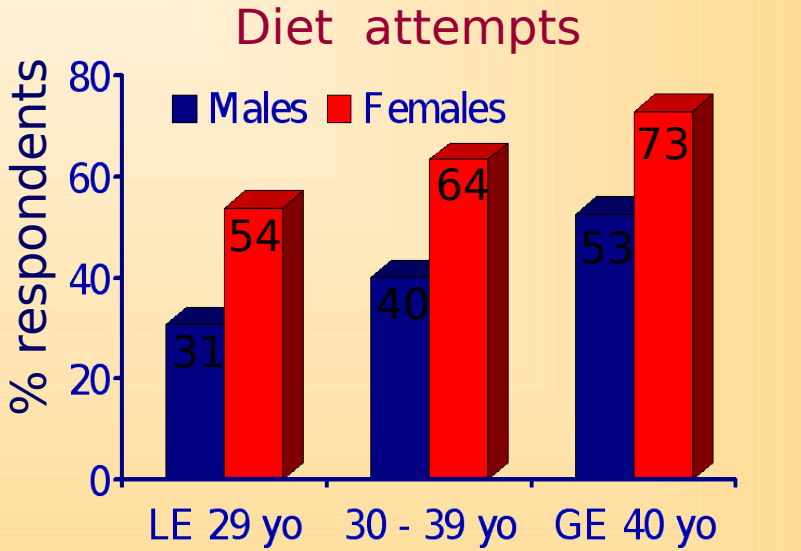
- Army recruits are heavier today.
- Soldiers are dieting to avoid exceeding their screening weight and being ‘taped’.
- Extreme eating practices exist.



Sharp, 2002

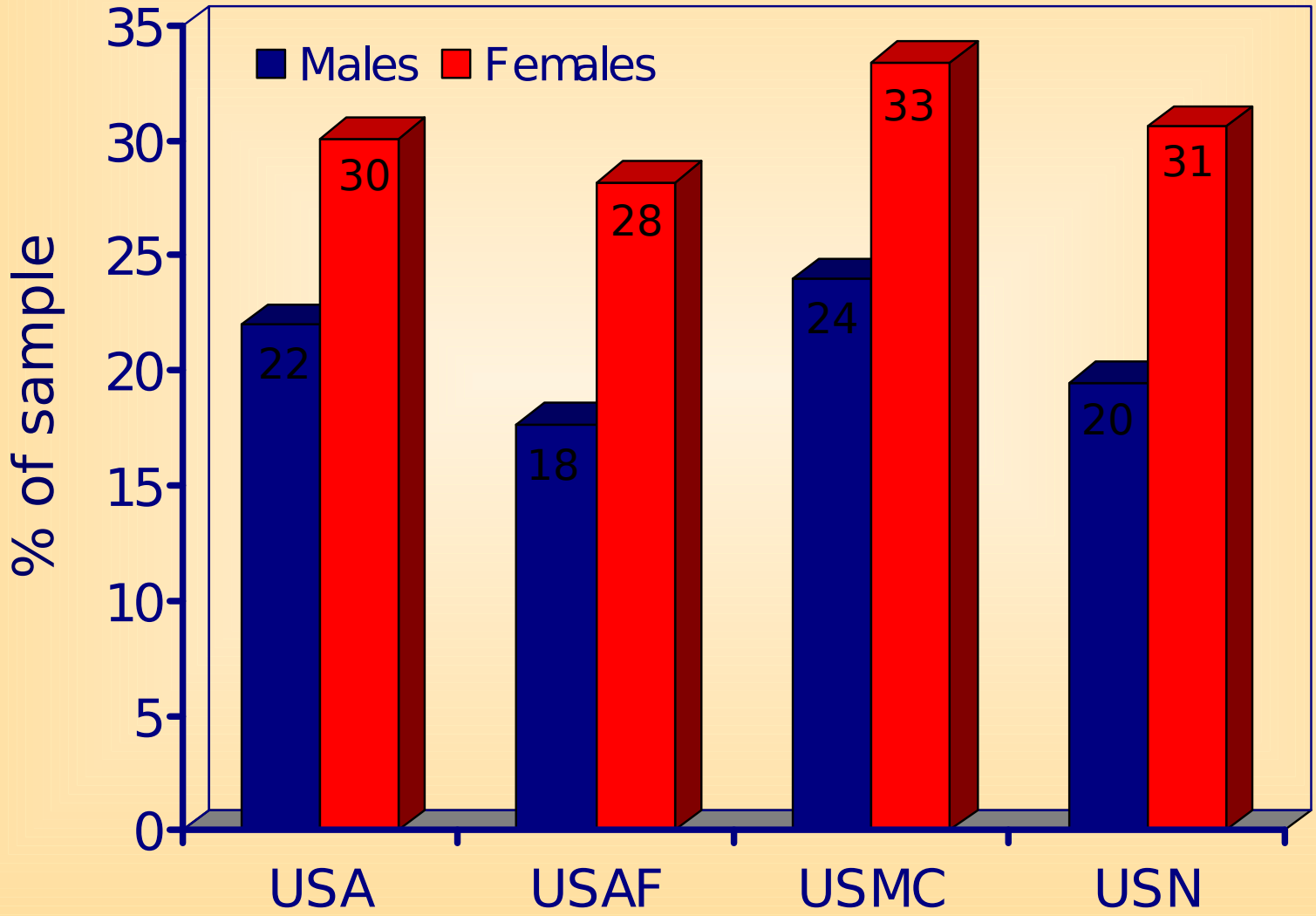


McNulty, 2001



SOURCE: The Army Food and Nutrition Survey, 1995-97, 199

Prevalence of taking weight loss supplements



DoD Survey of Health Related Behaviors Among Military Personnel, 2002

THE TIMES

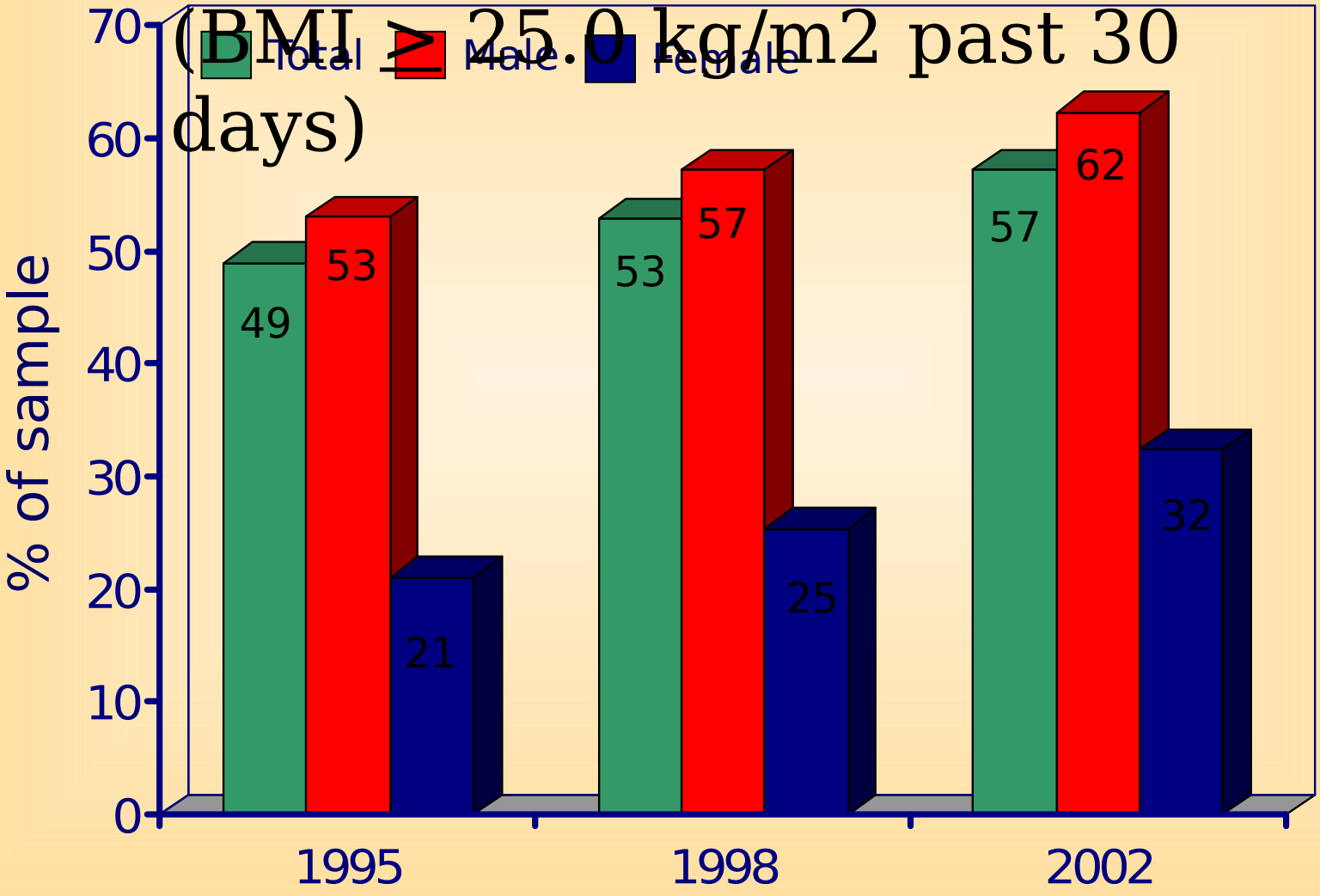
November 18, 2002

US Troops Are Losing Battle of The

- 53.9% of US military personnel….too fat to fight
- Admitting such flabbiness….embarrassing and costly for the Pentagon
- Negative implications of perceptions of readiness
- Loophole – Armed Forces to ignore the federal standards
- Possible to have a BMI > 27.0 and be considered in good enough shape to sweat out a battle in the Iraqi desert

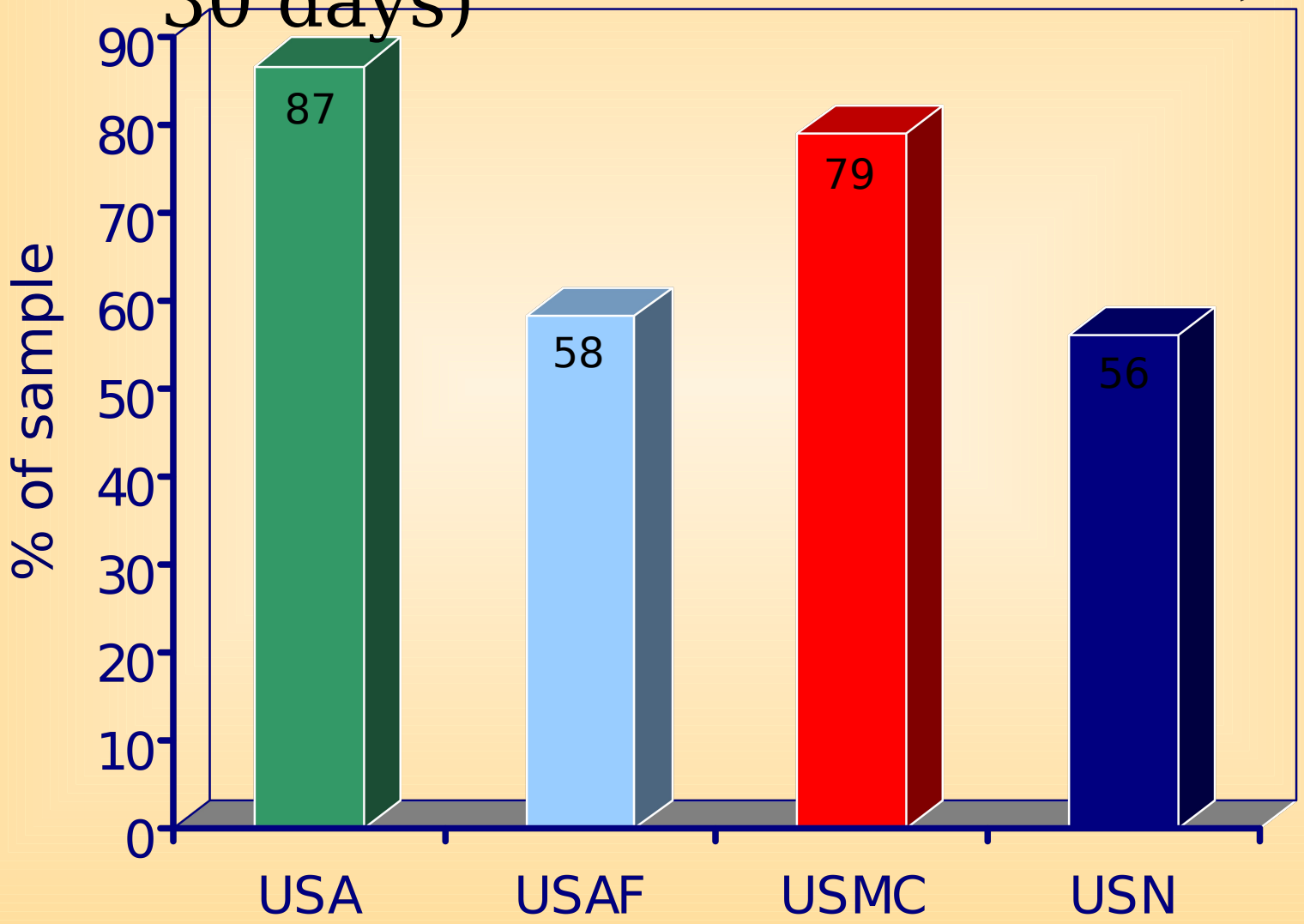
Trend for Overweight in DOD

(BMI ≥ 25.0 kg/m2 past 30 days)



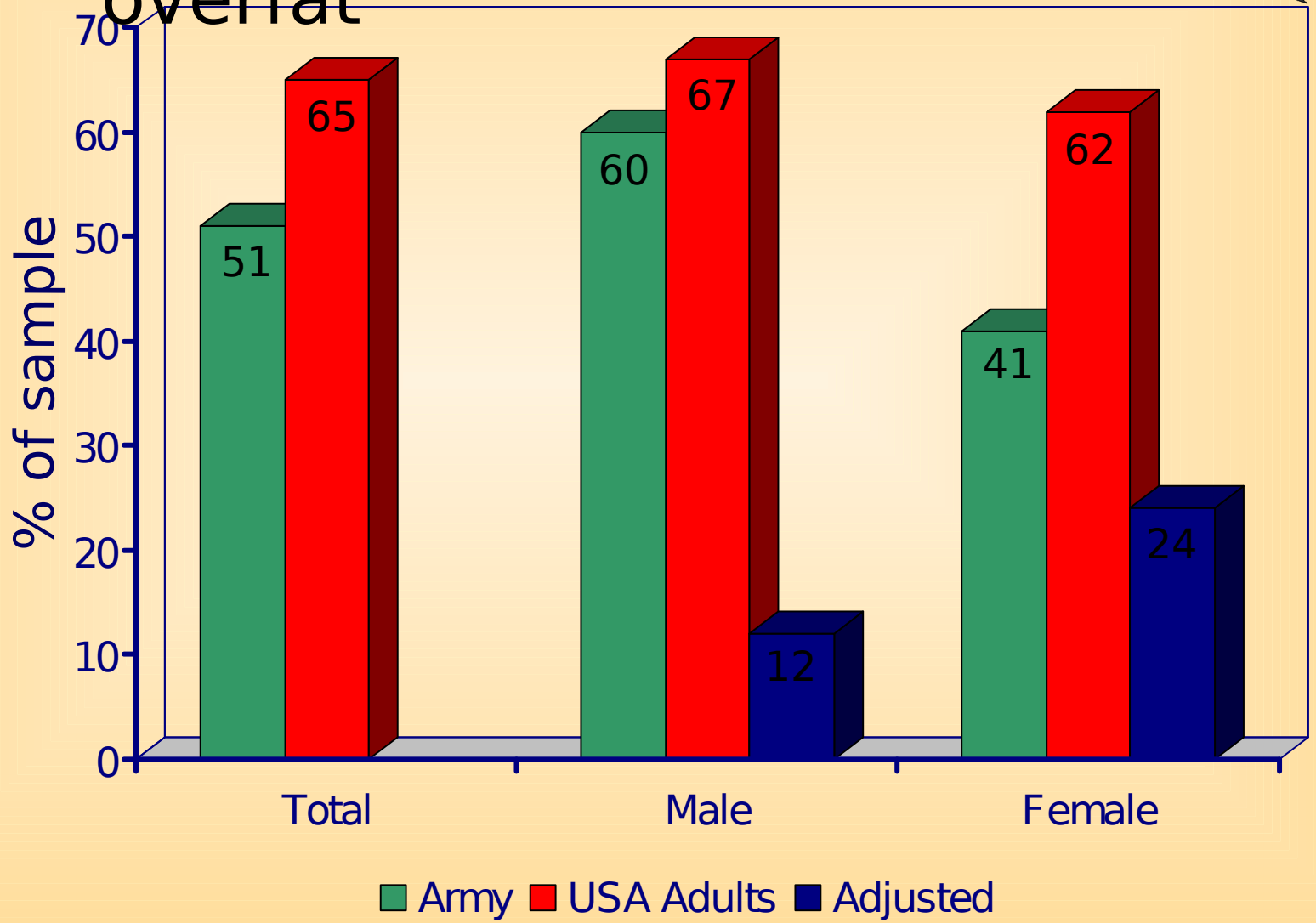
DoD Survey of Health Related Behaviors Among Military Personnel, 2002

Prevalence of involvement in strenuous exercise (past 30 days)



DoD Survey of Health Related Behaviors Among Military Personnel, 2002

Soldiers are Not overweight (BMI ≥ 25.0 kg/m2) and overfat



The Army Food Program

Corporate Vision

Ensure high quality meals in garrison and the field.

Guidance for Nutritional M

Most important to patrons:

- Nutritional Requirements
  - Most important factor in menu planning
  - Dietary Guidelines for Americans
  - The Food Guide Pyramid
- Food habits and preferences
- Food Characteristics
  - Presentation - Color
  - Flavor - Texture and shape
  - Consistency - Preparation method
  - Serving temperature

Industry Guidance for Nutrition and Menu Standards

- U.S. Dietary Guidelines for Americans
- The Food Guide Pyramid

Military Guidance for Nutrition and Menu Standards

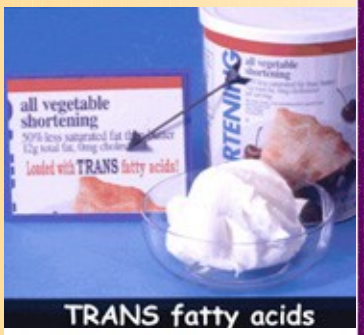
- AR 40-25: **Nutrition Standards and Education**
  - 2-6: Reduced calorie menus
- AR 30-22: **The Army Food Program (AFP)**
  - 3-22: Menu Planning
  - 3-57: Menu Standards (Food Guide Pyramid)
- DA PAM 30-22: **Operating Procedures for the AFP**
  - 3-70: Menu Standards
- Army Nutrition Policy on Folic Acid

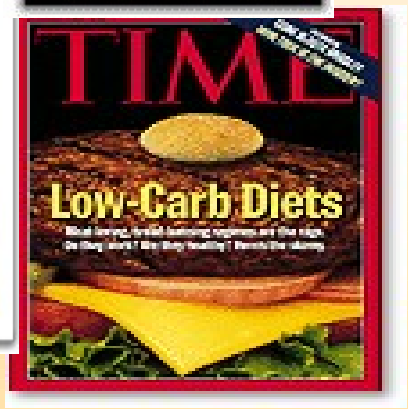
Menu Standards

AR 30-22 / Ch. 3-57

- To ensure appealing, nutritious, and wholesome food choices
- Application of standards is mandatory for all meals
- Meals will include choices from each food group
- Posted caloric value of each menu item in readily visible locations
- DA PAM 30-22:
  - Meal and menu standards
  - Menu planning guides
  - Subsistence product and preparation guides

Hot Topics





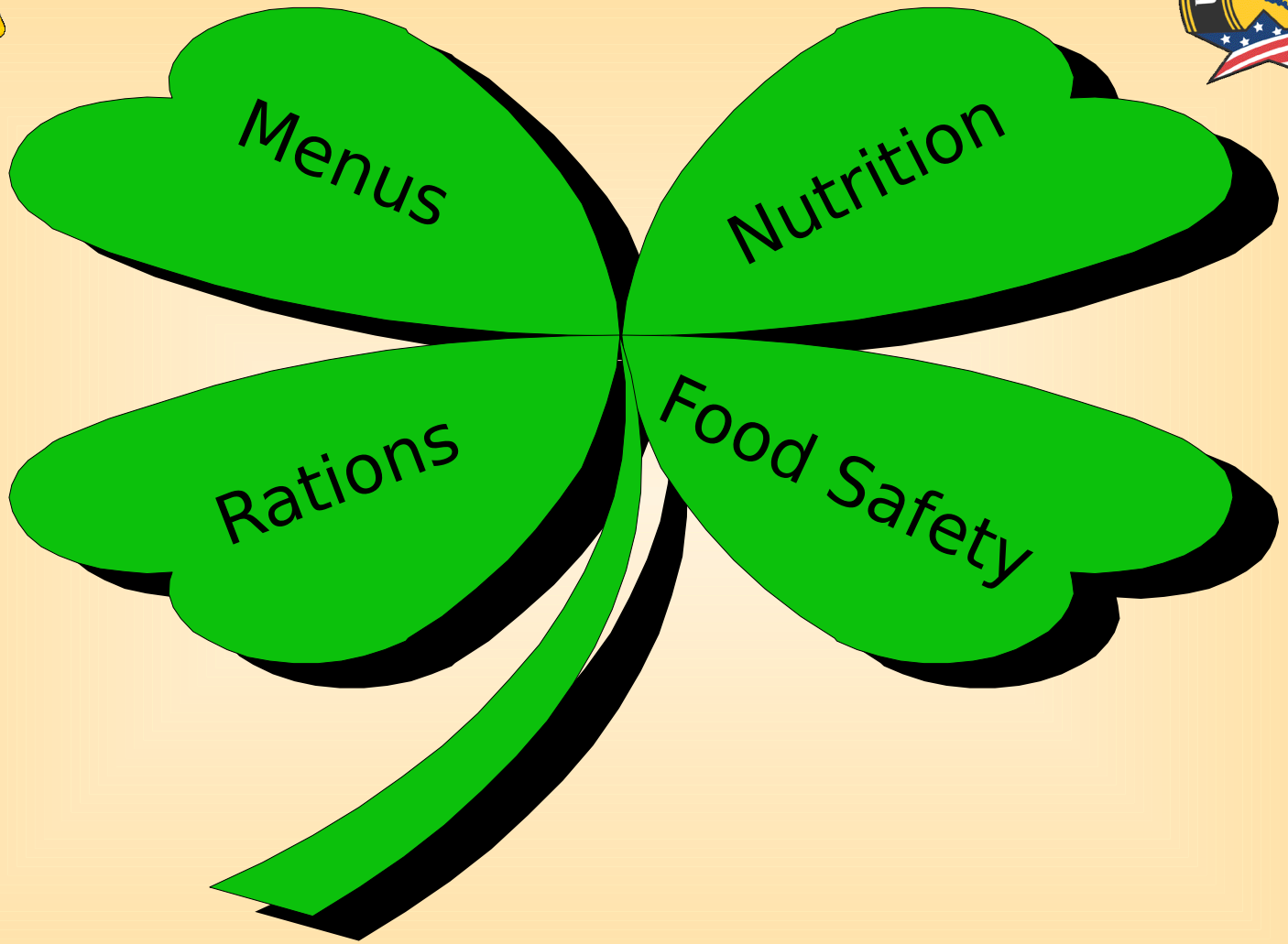
- Trans-fatty acids
- Whole-grains
- Fruits and vegetables
- Functional foods
- Low-Carb diets
- Soy foods

Marketing Nutrition

- Creativity is the key to success
- Must be communicated to:
  - Staff through training
  - Customer through menu, displays, and upon request
- Methods of promotions:
  - Advertising (verbal and writte
  - Point of selection (POS)
  - Publicity

QUAD Staff

ASSURANCE DIV
QUAD MISSION
Provide quality assurance in the Army Food Service Program for both garrison and field operations by providing policy and technical assistance on functions pertaining to items of subsistence, basic daily food allowance, menus, recipes, nutrition, food safety and environmental issues, and operational rations.
Menus
Nutrition
Rations
Food Safety



ANY QUESTIONS?

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